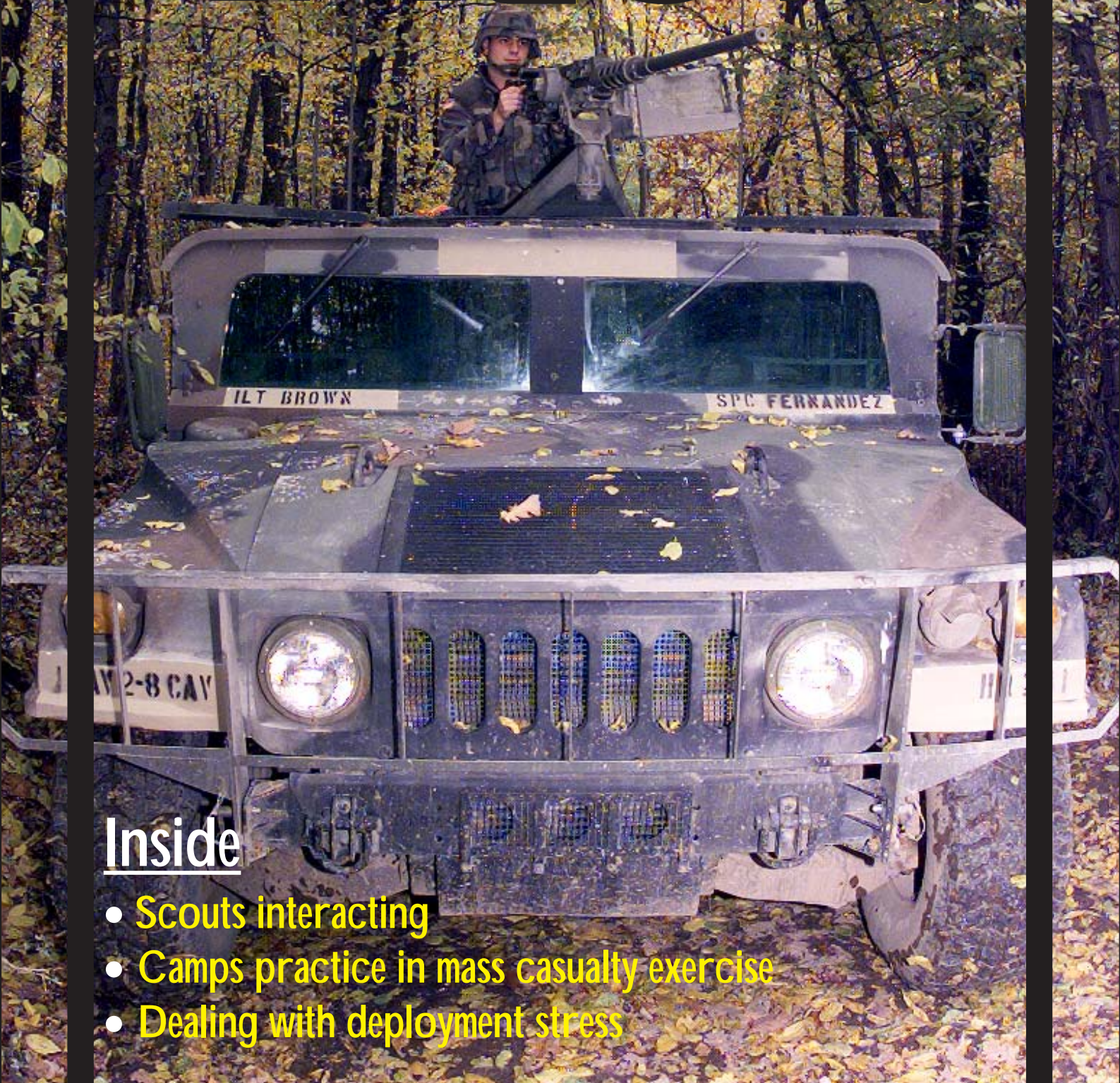


# TALON



## Inside

- Scouts interacting
- Camps practice in mass casualty exercise
- Dealing with deployment stress





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## On the Cover

Private First Class Brett M. Hagopian of Madison, Maine, Headquarters and Headquarters 2-8 Cav. scout platoon, stands guard while monitoring an Entity Armed Factions training site. (Photo by Sergeant Derrick Witherspoon. Story on page 5.)

"People that are really very weird can get into sensitive positions and have a tremendous impact on history." – Former Vice President Dan Quayle

## The Task Force Eagle Web site is located at [www.tfeagle.army.mil](http://www.tfeagle.army.mil)

The Task Force Eagle web site offers breaking news and photos on its web site. The web site provides information concerning the Turk, Russian, and NORDPOL Brigade assigned to Task Force Eagle, as well as U.S. soldiers stationed in Bosnia.

## UpFront

By Command Sergeant Major  
Paul M. Inman  
Multinational Division (N) CSM



Soldiers in Bosnia have an opportunity to set and accomplish new goals, enhance their careers and learn new skills.

It is our goal for every eligible soldier and noncommissioned officer to appear before the NCO and soldier boards that will be conducted every other month. Winners of these boards will receive, as a minimum, a Division coin and an Army Achievement Medal. Noncommissioned officers are encouraged to pursue induction into the Sergeant Audie Murphy Club. Sergeant Audie Leon Murphy was born in north Texas in 1924. After being turned away from the Marines and Paratroopers for being too small because he was 5'5" and 110 pounds, he enlisted in the Army and served with the 15th Infantry in North Africa, Sicily, Italy, France, and Germany. He earned a battlefield commission for courage and his leadership ability. He became the highest decorated soldier U.S. history.

The club that bears his name is an elite group of highly professional noncommissioned officers whose outstanding leadership skills and achievements stand out among their peers. Audie Murphy Club members are NCOs who have gone and continue to go beyond the call of duty in training, maintaining and taking care of soldiers. This is not a check in the block for promotion, but rather recognition for NCOs who are truly concerned for soldiers and their families. The Sergeant Audie Murphy Club not only recognizes noncommissioned officer qualities and performance, but also helps to strengthen the NCO Corps through continuing improvement of NCO skill and potential. A noncommissioned officer who wants to compete for this very prestigious honor start by being recommended by his or her first sergeant. The NCO then must appear before the Sergeant Audie Murphy Board (a board comprised of command sergeants major and first sergeants) at battalion level, and if successful, brigade level. The final board is the division level board. NCOs who earn the right to join this elite group will earn accolades that will stay with them throughout their military careers and beyond. I hope to have the opportunity to induct many NCOs during our year here. Stay alert, and remember **Force Protection** is our number one priority. "Stay Safe."

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# Keeping the Army rolling along

Story and photos by  
Captain Randall L. Harris  
22nd Mobile Public Affairs Det.

The air is filled with the unmistakable smell of fuel as a vehicle pulls into place, and the fueling team races into action. Similar to a pit-stop at a NASCAR race, these refueling professionals receive the vehicle, fuel it and send it on its way.

The team, consisting of petroleum supply specialists from Headquarters and Supply Company, 615th Aviation Support Battalion, take pride in the number of vehicles they process through their fuel point. "The retail fuel point services over 70 vehicles on a daily basis," said Sergeant Philp K. Hamlett, noncommissioned officer in charge of the Eagle Base Retail Fuel Point and a Poplar Bluff, Mo. native.

"The most important aspect of our job is ensuring quality surveillance and quality assurance of our fuel and that the vehicles are served in a timely manner," Hamlett said.

The fueling process is simple and effective. The driver pulls to the refuel line and vehicle data is taken by one of the team members. The vehicle then proceeds to the fuel ready line, and the driver prepares the vehicle by removing the fuel cap.

The fueling team takes over from there. They ground-guide the vehicle onto a spill mat and place a fuel drip pan under the fuel tank fill spout. The vehicle is grounded to prevent static electricity from starting a fire or an explosion from the fuel.

The team also ensures their safety and the safety of the drivers by having the necessary safety equipment



Specialist Virginia M. Alcantara, a petroleum supply specialist, uses a measuring device to determine how much fuel is in the tanker.

on hand. Everything from fire extinguishers to dry-sweep are kept readily available.

Safety is very important to this unit. "We always ensure that all our soldiers are in the proper protective gear ... so we don't have contact problems with the fuel. We also ensure the vehicles are bonded, and the tanker is grounded to prevent static discharge explosions."

Specialist Virginia M. Alcantara, a petroleum supply specialist from the 615th, said, "I like working here because it lets me meet other people from different countries and it gives me the chance to work in my Military Occupational Specialty." Being able to work outside and at times inside really makes the job enjoyable, according to the Los Angeles native.

The fuel team has a quick reaction drill in the event of a fuel spill. "The procedure for an accidental spill is to quickly contain the spill by laying absorbent materials on top of the fuel to soak up the bulk of the spill, then using dry sweep to clean up any fuel residue," Hamlett said. The dry sweep is then collected and turned in to a hazardous material collection point for proper disposal. Fortunately, there hasn't been a serious spill at this fuel point.

Most of the time their work goes unnoticed. Without this dedicated team of professionals, Eagle Base would grind to a halt. "We take pride in our mission here because fuel moves the Army and if the Army doesn't move, we can't do our mission here in Bosnia," Hamlett said.

Like driving legends Jeff Gordon and Dale Earnhardt of auto racing, who rely on their pit crews for the fuel necessary to win, the Army depends on its petroleum supply specialists to provide the fuel to ensure success during this peacekeeping mission in Bosnia.



Alcantara refuels a vehicle while Sergeant Philp K. Hamlett supervises at the retail fuel point on Eagle Base.



# ***“Wranglers” meet their match at Bosnian elementary school***



**Specialist Deldric R. Pigg, a non-communication intercept analyst with HHC, 312th MI and a Dallas native, plays “steal the hat” with school children from Pazar Elementary School in Tuzla.**

Story and photo by Captain Randall L. Harris  
22nd Mobile Public Affairs Det.

**A** bell rings throughout the school and children burst out of their classrooms, rushing down hallways enroute to the playground. This activity is repeated over and over across thousands of schools in America daily.

The difference at *this* elementary school is that it's located in Bosnia, and as the children rushed outside, they were taken by surprise as American soldiers appeared, bearing gifts.

For soldiers of Headquarters and Headquarters Company, 312th Military Intelligence Battalion “Wranglers,” the visit to Pazar Elementary School in Tuzla is both an opportunity to assist the children of Bosnia, and a chance to get away from their day-to-day jobs.

The soldiers' mission is to distribute school supplies, candy and other items donated by fellow soldiers and friends and family members back in the United States.

The 312th MI is trying to develop lines of communication between Pazar Elementary and the 9th Grade Center in Killeen, Texas, a U.S. school the unit also sponsors, according to Major Robert J. Taylor, the 312th MI Battalion operations officer. “We think through these contacts we can show these children what our soldiers are all about,” the North Bend, Neb. native said.

The school children seem overjoyed by the American visits, and the interaction of the soldiers with the children is an important part of reaching out to the community. “It makes me happy to see them playing and talking to each other ... I feel like a daddy,” Sisic Emin,

the Pazar Elementary School principle, said through an interpreter.

This unit visits the school every four to six weeks as part of their “Adopt-a-School” program. They spend half a day at the school.

First, they go into the classroom and see what the children are doing. They look at a youngster's schoolwork and art projects, and based on that, hand out the donated items they brought. Smiles and nods of appreciation reward the soldiers' efforts.

Then it's out to the playground for some basketball, soccer and a game the children like to play called, “steal the hat.” This is a game where the children take a soldier's hat and play “keep away.”

The soldier-student contact can be beneficial to the soldiers. “I find the kids interesting because they get so excited to see us, and they want to know everything about us and our lifestyle,” Private First Class Diana M. Billings, a unit supply specialist with Headquarters and Headquarters Company, 312th MI Battalion and a Los Angeles native said.

These feelings were common among the soldiers. Private First Class Bradley D. Wells, a tracked vehicle mechanic said, “I have a good time doing this with the kids because it takes my mind off the other stuff we are doing.” Wells said that having children of his own aids his interaction with the school children. “I have kids at home, so it's good to play with the kids. It kind of reminds me of my kids back home,” the Fort Lauderdale native added.

A bell rings, and playtime has ended for the children — and the soldiers. It's back to the classrooms for the students, and back to base for the soldiers, each returning to their very different worlds but with shared memories.

# Bedrock Scout plays many roles



Specialist Shane Linnell Jr. of Crosby, Texas, HHC 2-8 Cav. scout platoon, assists in a civilian traffic accident.

Story and Photos by Sergeant Derrick Witherspoon  
319th Mobile Public Affairs Det.

**A**s the sun peaked over the fog-shrouded mountains, and the local citizens awoke to begin another day, so did the Scout Platoon of 2nd Battalion, 8th Cavalry Regiment as they prepared to spend another day patrolling the streets of Bosnia.

The scout platoon at Camp Bedrock plays a vital role in Task Force 2-8 Cavalry's mission while deployed to Multinational Division (North). The scouts maintain the peace with presence patrols throughout the local area, escort the Task Force 2-8 Cavalry commander to various sites, and perform any number of other mission crucial tasks; but for First Lieutenant Kelvin D. Brown of Barstow, Calif., scout platoon leader, "It's just another day's work."

"We've done over 146 missions in less than two months," Brown said. "What's great about this is that we get to work with soldiers from other parts of NATO (North Atlantic Treaty Organization)."

Members of the scout platoon said the joint missions they perform with the Swedish and Russian armies are great learning experiences. They receive training on the Russian and

Swedish vehicles and weapons, which helps them understand how the other NATO forces operate.

"We perform joint patrols with the Russian and Swedish armies occasionally," Brown said. "This gives us a chance to interact with other members of NATO," Brown added they also receive good, hands on training at the same time, which is a significant training advantage.

The scouts also monitor Entity Armed Forces training to make sure they are in compliance with the General Framework Agreement for Peace.

"We monitor various training sites for the Joint Military Commission to make sure the EAF is complying with the GFAP," said Staff Sergeant Matthew A. Foley of Detroit, and a member of Headquarters and Headquarters Company, 2nd Battalion, 8th Cavalry Regiment. "We look for certain things at each sight, and then write down the information we need to report back to the Joint Military Commission," Foley said.

Brown added they try to stay out of the way of the EAF while monitoring the various sites. "We try to let them train like we train back at Fort Hood, with no one bothering us or watching over our shoulders," Brown said. "We do pick up a lot of good training techniques by watching. In some ways they train just like us."

During a recent mission the scouts passed on some of their training techniques to local civilians.

As the scouts were convoying back to Bedrock, a car tried to go around them. When trying to pass, the car ran head-on into an oncoming car. The scouts stopped their convoy, pulled over to the side of the road and aided the injured husband and wife in the oncoming car. Brown said they see accidents like this all the time, but this was the first time they had the chance to render their assistance.

"We didn't really think about it. We just knew we had to do something for the people who got injured," Brown said. "We are trained to aid in situations like this. It also lets the locals know that we do care and maybe they can learn something by watching us."

As the scouts continue their endeavors throughout the foggy hills, they not only perform their mission in and befriend a country torn by years of war.

deavors throughout their mission in and befriend a



Photo enhanced by Private First Class Nicole Alberico



# Mass casualty exercise



Photo by Specialist Robert E. Valentine

**Combat medics with the 61st Ambulance Support Medical Battalion, remove a casualty from a UH-60 MEDEVAC helicopter during the joint mass casualty exercise.**

**Specialist Giovanni Lorente**  
319th Mobile Public Affairs Det.

The bodies of fallen soldiers littered the ground, and the cries of the injured and dying filled the air. Over 20 servicemen lay dead or dying as a result of a direct hit on Camp Dobol. Soldiers with serious injuries were evacuated to Eagle Base Hospital for further treatment.

This was the scenario for a mass casualty exercise that took place at Dobol with support from Task Force Med Eagle.

The purpose of this exercise was to validate Dobol's mass casualty plan and TFME's reinforcement.

Once the alarm went off, everybody in Dobol ran for the bunkers. The soldiers playing the role of the injured were instructed to lie on the ground and act out their designated injuries. Medics arrived at the scene soon after the "impact," and began evaluating the casualties. Within a few seconds soldiers were running around helping load casualties on litters while medics moved quickly from one casualty to another, instructing qualified combat lifesavers on who to treat and how.

A triage area was set up, and casualties were separated into different categories according to the severity of their injuries. Casualties with injuries requiring immediate care were labeled ur-

gent and transported to the aid station immediately, according to Sergeant Jimmy Harrison from San Diego, a combat medic with Company B, 2nd Battalion, 8th Cavalry Regiment.

The other categories included priority, delay and expectant. Expectants are soldiers not expected to live.

"Every medic believes that if a casualty receives medical treatment within the very first hour of injury, 'the golden hour,' there is a great chance of saving a soldier's life," Harrison explained. The injured were evaluated, tagged and moved out quickly and efficiently.

The casualties that were urgent were expedited to the aid station to further treat their injuries. Soldiers with more severe injuries were evacuated to TFME either by air or ground.

Soldiers from all over the camp joined together as a team, helped carry litters and load casualties into ambulances, while combat lifesavers helped treat the injured.



Photo by Specialist Giovanni Lorente

**Private First Class Isa Mujahid, HHC 25th Medics loosens the clothing of a casualty that had been injured in a simulated mortar attack at Camp Dobol.**



# Medical Readiness

Story by Specialist Robert B. Valentine  
319th Mobile Public Affairs Det.

**F**orce protection is the primary focus for Multinational Division (North).

This is why Task Force Med Eagle underwent a full-blown mass casualties exercise, involving medical assets from both Camp Dobol and Eagle Base to prepare for such an emergency.

In a simulated attack, Camp Dobol suffered heavy casualties as a result of enemy mortar rounds. The Aid Station at Dobol, overwhelmed by the number of patients, requested assistance through the 1st Cavalry Division Surgeon's office. TFME applied their medical support strategies by rushing treatment and evacuation teams forward to Dobol. TFME also activated the Eagle Base Hospital's mass plans by receiving 20 urgent and priority patients from Dobol. Mortuary affairs and the TFE Chaplain provided assistance both at Dobol and Eagle Base. The purpose of the operation was to drill and validate Camp Dobol's mass plan and TFME's reinforcement plans.

"Each base camp is required to run a mass casualties exercise every quarter," Major Stephen M. Smith, Eagle Hospital executive officer with the 41st Combat Support Hospital of the 13th Corps Support Command said. "It was decided to tie in Dobol's mass exercise with Eagle Base Hospital."

"This exercise will test our medical personnel's abilities and the physical layout of the hospital with treating a high number of patients," the San Antonio native said.

All Eagle Base medical assets had a role in the exercise. The 126th Air Ambulance "Dust Off," a National Guard Unit from Sacramento, Calif., provided air medical evacuation from Dobol for urgent and priority patients to the Eagle Base Hospital.

"This was practice for what we will do in a real situation," Captain Shaun G. Immecker, a pilot for the 126th AA said. "This gives our flight crews the chance to track multiple birds, and involve several crews at once," the Elk Grove native said.

The 61st Ambulance Support Medical Battalion, also of the 13th Corps Support Command, provided ground evacuation support from Dobol to Eagle. It also transported treatment teams to Dobol to reinforce triage and treatment capabilities at the Dobol Aid Station.

"Different units do their part to get the overall job done. (mass exercises) teach us how to improve and work

together as a team," Specialist Jaime Sarver, a medic with the 565th medical company, 61st ASMB and a Dallas, Texas native said.

Task Force Med Eagle Operations coordinated with the Swedish Medical Company for deploying a SISU, a six wheeled all terrain vehicle, to evacuate casualties from Dobol to Eagle.

"This gives us the chance to work with American medical personnel, and improve our communications. This is my second mass experience. We learn how to work



Photo by Specialist Robert E. Valentine

Private First Class Robin Roger (left), a patient administration specialist with the 41st CSH takes medical records on a mock casualty that Captain Jefferey Delaney, M.D. (middle), with the 61st CSH and Lieutenant Mike Welker (right), a registered nurse with the 41st CSH, is ventilating with oxygen.

together better each time," Private First Class Peter Loeef, a SISU driver with Swedish Medical Company and native of Stockholm, Sweden said.

The 147th Medical Logistics, 13th Corps Support Command, provided emergency medical supplies as requested by Dobol. The 85th Combat Stress Control, 13th Corps Support Command, provided mental health specialists to manage combat stress casualties at both Dobol and Eagle Base.

"The mass demonstrated what issues need to be addressed, what our strengths are, and what requirements need to be fulfilled for each medical unit," Captain Frank Paulino, the TFME Operations officer said. "We wanted this to be real. We didn't do anything until the attack happened in the forward. This was an action-reaction test," said the Guam native.

Photo by Specialist Robert E. Valentine

# A "First Team" first, Audie Murphy induction comes to Bosnia



Photo by Sergeant Joseph Billups, 55th Sig. Company, Combat Camera

**Command Sergeant Major Dennis Webster of III Corps pins an Army Accommodation Medal onto Staff Sergeant Robert Vasquez of the 215th Finance Battalion while Command Sergeant Major Robert Lautenschlager, also of the 215th FB, stands by.**

**Story by Sergeant First Class Patricia Johnson**  
22nd Mobile Public Affairs Det.

**T**he 1st Cavalry Division held its first Sergeant Audie Murphy Club induction ceremony in Bosnia Nov. 4 on Eagle Base in Pegasus Hall. Command Sergeant Major Dennis Webster, III Corps CSM, welcomed Staff Sergeant Robert Vasquez, Detachment A, 215th Finance Battalion as the first noncommissioned officer in Bosnia to join this elite club.

Vasquez went to the Audie Murphy Board in September and was supposed to be inducted into the club Oct. 28, but came up on assignment to deploy to Bosnia Oct. 17. Webster coordinated with Command Sergeant Major Paul M. Inman, Multinational Division (North) CSM, and decided to hold the induction ceremony in Bosnia as an incentive to motivate noncommissioned officers to compete, and to give NCOs the opportunity to enhance their careers.

"The noncommissioned officers are the backbone of the Army and the Audie Murphy Club is a great way for NCOs to demonstrate their knowledge and set an example for other soldiers," Inman said. Soldiers can compete for the Audie Murphy Club while in Bosnia. There will be a board held every other month to recognize and reward new inductees.

The SAMC is a Forces Command level organization of NCOs whose leadership, achievements and performance merit special recognition. NCOs worthy of this special club demonstrate excellent leadership qualities that are characterized by the achievements of Audie Murphy. The SAMC is a means of recognizing those NCOs who

have contributed significantly to the development of a professional NCO Corps and a combat ready Army. Members exemplify leadership characterized by personal concern for the needs, training, development and welfare of soldiers, and concern for soldiers' families.

All FORSCOM active components, including Army Reserve and Army National Guard NCOs in the ranks of corporal through sergeant first class, are eligible to compete.

"The hardest part of being in the club is living up to those standards daily. SAMC NCOs are evaluated and challenged everyday," Webster said. "That's why the members are among the highest qualified NCOs."

New inductees receive a Certificate of Achievement, a membership certificate signed by the FORSCOM commanding general and the FORSCOM command sergeant major, a membership medallion, a membership card, a jacket and local awards deemed appropriate by the local command authority.

Vasquez, a native of San Antonio, has been in the military for 11 years and has made the Army his career. He is a strong believer in family and church, which helps him relate to soldiers with families.

Vasquez is married and has three daughters. His goal is to continue his civilian education to supplement his military skills, and to become a command sergeant major before retiring from the Army.

"It's an honor to be deployed and inducted into such an elite club," Vasquez said. "I feel as if I've been inducted into something that really shows who I am. I read the history of Audie Murphy and he felt that setting the example for others to follow was the most important principle of an NCO."

Vasquez said he feels very strongly that the NCO role is essential to the success of the Army. "I'm proud to be an NCO qualified to follow in (Audie Murphy's) footsteps. I had the opportunity to go to the officer candidates' school, but turned it down."

Vasquez had all the qualifications and recommendations necessary to enter OCS, but said he enjoys being an NCO. "The Army needs good leaders to guide our younger soldiers and that's the job of the NCO."

Sometimes an NCO's job is tough, he added. "It's not always fun, but it's satisfying and self-rewarding. You get to see soldiers you helped succeed. It's getting to see your works in action, and that's where the self-satisfaction and reward comes in."

Vasquez began working toward joining the Audie Murphy Club in January. He competed for the 215th Finance Battalion NCO of the month board, and has been competing at the battalion level, group level, division level and corps level boards ever since.

"As NCOs, our fingerprints will be all over Bosnia. NCOs are the key to what's going on and we must maintain high standards to keep operations from going downhill," said Webster. "Our fingerprints are the marks that tell others the story."



# Engineers exchange ideas, procedures

Story and photo by Phillip E. Breedlove Jr.  
22nd Mobile Public Affairs Det.

**C**ombat engineers have proven to be a valuable asset to the U.S. Army, so it didn't surprise Specialist Daniel J. Dunker, a Camp McGovern combat engineer with 2nd Platoon, Company A, 20th Engineer Battalion, when he discovered the Norwegian Army values their engineers the same way. He was excited when he learned a joint exercise was planned at McGovern, bringing the two countries together to exchange ideas and techniques for recovering wounded soldiers from mock minefields, the Muskego, Wis. native said.

"Their army does the same thing we do; they just do it a different way. This exercise was to give each side ideas," said Dunker.

Before the exercise, the simulated McGovern minefield was divided, and both U.S. and Norwegian soldiers prepared the field for their demonstration. The U.S. soldiers did this by burying pieces of metal to set off the mine detectors, similar to handheld metal detectors, while the Norwegians buried deactivated mines for their bomb dogs to find.

The United States conducted the first demonstration. Two soldiers dressed in kevlar suits made their way toward a simulated victim, one soldier using a mine detector to find the mines, the other using fist-sized florescent sandbags to mark the mines. When they reached the casualty, the soldiers secured the area around him and carried him out through the cleared route.

The Norwegians then showed the American soldiers two new approaches. The first method involved using a bomb dog to sniff a path to the casualty. When the dog smelled explosives, it stopped and stared at the suspect spot, awaiting the next command. The handler marked the spot with spray paint, then detoured around the danger.

The second scenario was a backup plan in case the dog was unavailable, and consisted of a bridge of ladders built to lead to the casualty. The first ladder was lowered into the field with a soldier on it. Prior to touching the ground, a soldier cleared the area where the ladder's feet would be placed. A second ladder was then attached to the front of the first, and the process was repeated until the casualty could be reached and evacuated.

According to Specialist To V. Nguyen, an engineer with 2nd Platoon, Company A, 20th Engineer Battalion, and a



Norwegian combat engineers demonstrate their procedure to retrieve a fallen soldier from a mine field using the ladder bridge method in a joint training exercise with the Company A, 20th Engineer Battalion.

Dallas native, said both sides were impressed by the other's procedures.

He said he found the Norwegian techniques appealing, especially the bomb dog method. "I never thought about using a bomb dog before. It seems like an interesting idea."

Not only did the exercise give the McGovern soldiers the opportunity to show the Norwegians their equipment and methods, but it also tested their skills, and increased confidence in their training.



# America's voice in Bosnia



Lieutenant Colonel Barry J. Fowler, Task Force 2-8 commander, listens as his interpreter, Daniela Konjic, translates his answer as Radio Kameleon, Tuzla program host, Amra Tinjic, looks on.

Story and photo by Staff Sergeant Pat Johnston  
319th Mobile Public Affairs Det.

**R**adio Kameleon, FM 102.7 in Tuzla, hosts an American military radio show twice a month, broadcasting to the local Bosnian population.

The show was originally designed to allow the Swedish Battalion who used it as an opportunity to connect to the local people.

According to Zlatko Berbic, general manager of Radio Kameleon, the Swedish Battalion started the Radio Kameleon military radio shows in 1994. The Swedish soldiers were trying to diffuse the volatile situation in Tuzla before the war ended. Local citizens were angry with all soldiers at this time, and children threw stones at the Swedish soldiers.

"So they came to me and I asked them about trying to make a Swedish radio program at Radio Kameleon," Berbic said. The result was a weekly broadcast on Sunday from noon to 2:00 p.m.

Berbic encouraged the Swedish soldiers to talk to kids about music, and not about the war or politics. This made a connection between the Swedish soldiers and the citizens of Tuzla.

Now, an American Task Force commander does the military radio show at Radio Kameleon. Every other week, Lieutenant Colonel Barry J. Fowler, Task Force 2-8 Cavalry commander, prepares a radio show and convoys to five local radio stations to "go live on the air," and answer call-

in questions from Bosnian citizens.

Berbic said the radio show is essential to the Stabilization Force's mission in Bosnia "because it helps us to survive here."

"You are giving us a chance for a future and for freedom, including freedom of speech and freedom of movement," Berbic added.

Fowler, an Overland Park, Kan. native, doesn't begrudge the many hours it takes him, his staff and an interpreter to conduct the local radio shows. He is representing the Stabilization Forces in Multinational Division (North), and provides a direct voice from the peace-keeping force to the people in the Task Force 2-8 area of responsibility.

"I also want to solicit the support of the Bosnian citizens to pressure their local election officials and military leaders to comply with the provisions of the Dayton Peace Accord," Fowler said.

Fowler said the Task Force 2-8 radio shows are well received, and are getting an increasing number of call-in questions. The shows have wide and broad listening appeal. According to the manager of Radio Kameleon, their share of the 70,000 person Tuzla audience is 20 to 22 percent on average, but up to 45 percent depending on the show.

Making this connection with so many Bosnian citizens is important for both Bosnians and American SFOR.

Soldiers look intimidating to most citizens, according to Berbic, but he said that talking to soldiers helps overcome cultural barriers. "When I asked one of your first commanders to be my guest at Radio Kameleon, I told him to tell our citizens why you (seem so unfriendly)," said Berbic. Berbic adds that he believes U.S. soldiers are being professional.

Although Bosnia-Herzegovina has come a long way towards peace, Berbic pointed out their presidents still can't go into certain areas of former Yugoslavia. "The only ones who can really move anywhere are the international-community people," Berbic said. "Mr. Westendorp (chief

international civilian official in Bosnia) can go anywhere because you made the peace and you are giving him a chance to work," Berbic added. "And now," Berbic concluded, "you are giving us that same freedom of movement."

The Army shows at Radio Kameleon are like the chameleons for which the station is named. The ability to adapt to different circumstances helps the station complete its mission. The official public-interest information shared by SFOR commanders pertains to current events and concerns from the SFOR perspective. The call-in questions from citizens of Tuzla and outlying areas is the most direct way for people to tell SFOR about everyday problems from the Bosnian viewpoint.

The shows at Radio Kameleon are multifaceted and try to include all perspectives, but with one overriding intent — lasting peace and freedom in Bosnia-Herzegovina.



# Army cooks, as good at it gets

Story by Specialist Robert B. Valentine  
Photo by First Lieutenant Monica N. Winston  
319th Mobile Public Affairs Det.

**F**or Army food service personnel, winning the prestigious Phillip A. Connelly award is "like being the Superbowl champion," said Staff Sergeant Benita Gladney, shift leader for Headquarters and Headquarters Company, 1st Brigade, 1st Cavalry Division's Connelly Team.

Deployment to Bosnia would not stop this group from competing on the highest level.

Chief Warrant Officer Paul L. Simmons, a Connelly Award evaluator and Fort Lee, Va. native said, "Originally, we were supposed to look at them at Fort Hood, but they got mobilized. They still wanted to compete."

"Forces Command asked us to come to Bosnia and evaluate them here. If the soldiers felt they were able, we would. The answer was yes," Simmons said. "This is the first time that I know of that a Connelly team was actually judged in the field."

HHC, 1st Brigade, 1st Cavalry Division's Connelly Team recently competed in the Active Army Field Kitchen category at the highest level, Department of the Army. They had already captured the titles at the Brigade, Division, Installation, and Forces Command levels in their class.

The Connelly competition, named in honor of the late Phillip A. Connelly, a former International Food Service Executives Association president. He is credited with starting the present Army food service award program, now in its 31st year.

IFSEA is a professional civilian organization that cosponsors the DA competition with the Army Center for Excellence - Subsistence headquartered at Fort Lee. The competition has five categories: Active Army Small Dining Facilities (serving 200 or less soldiers per meal), Active Army Large Dining Facilities (serving more than 200 soldiers per meal) and Active Army Field Kitchen (food service operations in field environments, Army Reserve, and National Guard).

The Connelly evaluators — Sergeant Major Michael Natale, John Breslin, the IFSEA representative, and Simmons — will be evaluating seven other contestants for the DA and Active Army Field Kitchen award.

"We will evaluate the overall dining facility operations, food preparation, presentation, and site setup within field manual guidelines, among other areas," Breslin said.

Tentatively, the winners will be announced in February 1999. The winners and runners-up will be invited to a ceremony in San Diego in March 1999. IFSEA funds the winner and runner-up trophies, and training at Johnson and Wales University, in Charleston, S.C. for selected soldiers from the Active Army categories.

Brigadier General Steven Whitcomb, assistant division commander for the 1st Cavalry Division, presented the Forces Command award plaque and coins to the Connelly Team prior to the DA level evaluation. Speaking to the team, he said, "You are now representing Forces Command. This doesn't happen by accident. You have worked long and hard. I congratulate you on this great effort."



**Private First Class Scotty Ryan, a first cook for HHC 1st Brigade, 1st Cavalry Division's Connelly Team, serves a hot meal to Specialist Robert D. Vest and Private First Class Gary V. Dugan, both with 1st Battalion, 87th Infantry.**

"When the inspectors come, knock their socks off like you have everyone else," the Charlottesville, Va. native concludes.

After the judging was complete, the Connelly Award evaluators congratulated the team on their effort in the competition, and for their efforts in Bosnia. The team was presented with a silver plate and certificates for competing at the DA level.

Major General Kevin P. Byrnes, commander of Multinational Division (North) and the 1st Cavalry Division, gave the Connelly Team commemorative coins with the soldier's name engraved on them for their collective achievement thus far in the competition.

"We want them to feel like they are winners. They are already one of the best eight field teams in the Army," Simmons said.

"I strongly feel that we have done well today, no matter what happens later. My soldiers put in great effort and fortitude into this competition," Sergeant First Class Kevin L. Turrentine, food service sergeant for the Connelly Team, said. "I am overwhelmed."

Major Robert Valdivia, 1st Brigade executive officer and a Miami, Fla. native, said, "This competition is a great opportunity for leaders and soldiers to learn the highest standards for food service operations in the field, and help train and supervise in the future."

The evaluating committee recognized Private First Class Scotty Ryan, a first cook, to be the recipient of the IFSEA's "Celebrate the People Award" for his esprit de corps during the competition.

"I have been with this team since the beginning. This competition is the greatest event for soldiers in food services," the Union, Mo. native said.

A cook's life is not easy. They work hard every morning, noon and night to ensure that soldiers have a good meal whether in garrison or in the field.

With the Connelly awards, cooks have a showcase to demonstrate their unique talents, and be recognized for their individual skills.



# DANGER: Stress

*Deploying away from home to a different country, culture and way of life can cause much stress. However, there are many opportunities offered to servicemembers to help relieve the stress.*

**Story and Photo by Sergeant Derrick Witherspoon**  
319th Mobile Public Affairs Det.

**S**tress is said to be a necessity, because without it, life would be dull and boring.

However, too much stress can seriously affect ones physical and mental well being. A major challenge for servicemembers while deployed to Multinational Division (North) in support of Operation Joint Forge is to make the stress in their lives work for them instead of against them.

The 2nd Battalion, 8th Cavalry Regiment is working to keep an open line of communication for the servicemembers at Camp Bedrock. Lieutenant Colonel Barry Fowler, Task Force 2-8 Cavalry Commander, said communicating is the number one key to relieving stress.

"I get out and talk to the soldiers to see what their concerns are," Fowler said. "I also talk to my subordinate leaders about making sure they keep the lines of communication open. Soldiers should understand they have someone to talk to if they feel stressed, or have any problems that may be affecting them in a negative way."

Servicemembers are urged to talk to a friend, co-worker, or family member about their concerns and worries during deployment. Fowler said the Task Force is helping servicemembers accomplish this by setting up morale telephones and electronic mail so they can communicate with their families.

"We recently hooked-up video teleconferencing equipment in the Mayor's Cell so soldiers can talk to and see their families live over the Internet," Fowler said. "It's a big stress reliever to see your family or newborn child for the first time and know they are doing well."

One of the main causes of stress is a sudden change in ones way of life or environment. Deploying to a place such as MND (N) cannot only bring on personal stress, but can also be stressful for family members left at home. Servicemembers are urged to let their families know there are sources of help for them. Some sources of help are family centers, family support groups, spouses' clubs and chaplains.

Captain Zan Sellers, Task Force 2-8 chaplain, said soldiers also have the same types of sources to help them manage stress while deployed. "Servicemembers here can

come and talk to me anytime about anything. My door is always open," said the Birmingham, Ala. native. "One way we help servicemembers take their minds off of being here is by performing humanitarian missions throughout the local area. This allows them the opportunity to get out and see some new things, and meet some of the local nationals. Servicemembers whom have children get the chance to interact with some of the local kids. This not only helps the soldiers relieve some stress, but it helps with foreign relations," Sellers said.

Major General Kevin P. Byrnes, the MND (N) commander, said servicemembers could also take part in the activities that are being offered at each base camp. "Servicemembers have numerous things they can do to keep their minds stimulated and stress free," Byrnes said. "Each camp has an MWR, which brings in live entertainment, a gym for soldiers to burn off some stress, and also there are AT&T and morale telephones for the servicemembers to call home and let their families know how they are doing. Servicemembers also have the opportunity to take college courses, which are great for their careers and a good way to keep their minds occupied."

According to Sellers, coping with stress could be as simple as sitting down and drinking a cappuccino with friends. Sellers said servicemembers should try to discover what helps them get rid of their stress. "If you are a writer or artist you could write or draw what you feel on a piece of paper. You could also read a book or go to the gym. Joining in religious services is another great way to shed stress. Servicemembers should also find a friend they can confide in," Sellers said.

When stress occurs, it is important for servicemembers to first recognize the cause or source of the stress, and then find ways to deal with it. If reducing or eliminating the cause or source of the stress is not an option, servicemembers should learn to handle the stress by changing their perception of, and reaction to, the stress. Each base camp chapel has pamphlets informing servicemembers about stress and how to manage it. Servicemembers are encouraged to stop by and pick one up.

According to Sellers, making stress work for, instead of against you, is an obtainable goal, but servicemembers should be aware that if they can't obtain this goal, there is help.